THE RECOVERY KERNEL

# MUDZWISI WEKUTANGISA: 3-MMC.

## 3-Methylmethcathinone (Metaphedrone) — Kushandiswa Kazhinji, Kuiswa Nemamiriro Ekusexera, uye Kushandiswa Kwemishonga Inenge Yakawanda.

*Bhuku iri rinozivikanwa nekuti rinogadzirira vanhu, asi zvakakosha kuziva kuti ngozi huru inowanikwa kwete panguva yekurapa, asi panguva yekushandisa zvinodhaka.*

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**⚠ CHIZVIMBO ZVEKUDZIDZA NGO KUCHENESA - ISIRI KUBATSIRA KWECHIRUZHA | Nguva yekutambura: fona 994 kana utumire meseji ku findahelpline.com.**

Kuzvidiza kwe3-MMC pachake kazhinji hakasi chinhu chinosimba chaizvo pakunyatsoona kuti zvinhu zviende sei kana uchidzima. Zvinonyanya kuita ngozi ndiyo binge yacho—kushandiswa kwakadzika uye kwenguva pfupi, kunodzorera chido chekushandisa maminitsi 30 kusvika 60, dzimwe nguva kwemaawa akawanda, nekuwanda kwezvinangwa zvine hutano uye pasina nzira yakarurama yekumhara. Bhuku iri rakagadzirirwa kuti rienderane nechokwadi ichi: kuita kuti kupedza binge uchienda zvakanaka, kunzwisisa zvaanotevera, uye—nekuti kushandiswa kwe3-MMC kazhinji kazhinji kazhinji kwinogumana nezvimwe zvinodhaka—kuona maitiro akakodzera ekushandisa zvinodhaka zvakawanda.

# Section 0 - Chengetedzo Yekupfuura: Verengai Izvi Pakutanga.

**🚨 KUKURUWA KWEMWEDZI.**

Kana uri kuenda nechando kana kuti wakangomirira kubva kuchando chakakura, tarisa zvinhu zvinotevera: kurwadza mumuviri, mwoyo unoshanda nekukurukura kana kuti usina kunyatsoenderana, temberatura yemuropa inenge yakakwirira zvikuru, kushanduka, kusagadzikana kwepfungwa kana kuti kutya kwezvisingaiti, kana kuti kuzvimba. Izvi ndezviratidzo zvekunyengera - dambudziko rakangodaro remwoyo uye renzara. Dhaya 994. Ngirisi inowedzera neimwe nguva yega yaunotorapira pachinzwa, kwete kungotevera yekupedzisira chete.

**🚨 KUKURUWA KWEMWEDZI.**

Kana zvikuru zveopioid dzichishandiswa pamwe chete ne3-MMC (kusanganisira mumamiriro ekusexera kwezvinhu zvine hutano apo opioids dzinogona kushandiswa kuti "dzidzoke"), tarisa kufema kwakadzikira kana kufema kwakazara, mibvazuva yakasviba kana makumbo akasviba, uye kusagona kuzvipindura. Iyi ndiyo overdose yeopioid. Paunenge uine *Naloxone*, iwedzere uye fona 994 pakarepo. Zvikuru zvekufa zvakaitwa ne3-MMC zvakanyorwa zvakawanda zvakaita kuti zvinhu zvimwe zvepakudya zviwedzerwe, kazhinji opioids uye mamwe ma stimulants akashandiswa pamwechete.

**⚠ YERAI.**

Itauriro iri risiri kubvumira nhanho yekudzikisira kushandiswa kwe3-MMC pamba, mirairo yekuenda kudonha zvakare, kana zvekuti zvinofanirwa kuita apo uchishandisa chinhu ichi. Nekuda kwekuti ngozi yechiwedzero chino inowedzera uye inoshanda munguva pfupi, asi isiri pachena nemari diki, haisi chaizvo kuti pane nzira "inotarisirika" yekudonha zvakare. Nenhamba ipi neipi yaingofanirwa kushandiswa kudonha zvakare, ingava nechokwadi

chengozi isina kufanirwa. Zvauri kutauridzwa pano ndeiyi: maitiro ekuti uende zvakanaka pakupera kwenguva yekushandisa chinhu ichi, uye kuumba hutano hwevabatsiri nevamwe vanogona kukubatsira kuti urege kushandisa chinhu icho.

# Ita 1 — Neiiko Idzi Dzekukanda Zvakagadzirwa Nekuti Dziri Pachinzvimbo Chekudonha, Kwete Pamutswero Wacho Chete.

### THE CENTURION - Mabhizano Anogadzira Kupera Kwebasa Kuita Zvakaoma.

3-MMC inovhura remwedziro yemarojo munyama iri pasi kweawa rimwe, uye zvinogona kutanga kupera mumaminiti makumi matatu kusvika makumi mashanu nemakumi maviri mushure kwekudonha. Iko kuda kwakadaro ndiyo inzira yekuti zvinhu izvi zvaive zvakapopula apo mephedrone yakabatwa, uye ivo vachavewo inzira yekuti bhuku rekudzima rezvinogona kuita kuti rive rakasiyana nebhuku remhando dzimwe. Kazhinji haisi "dhoro rekupedzisira, saka waita" yechinhu chakaita sekushandiswa kwenguva refu. Pane kudzamara inenge ichitangazve, uye zvinoenderera mberi, kusvika chimwe chinhu – kushanda kwakaoma, kupera kwezvinhu, sarudzo, kana mumamiriro akaipa. chiitiko chemuchikwa - chinopedza zvese.

Ndege ikuti hunhu hwekutanga hwakakosha zvikuru pakuramba kushandisa 3-MMC hazvifaniri kuve kuvadzidzisa kuti vafare nekuderera kwezvinangwa, asi kugadzira nhanho dzinogumiswa zvine chokwadi pamberi pekuti session ichipedzwa sei - ukanzi kwaunobva, zvaunotorera kure, uye chaizvoita mumaminitsi ekaviri apo kufema kunenge kuchidikanje kushandisa zvakare.  Ita 6 uye "kusadaro" mubhuku rekufunda reRecovery Guide anotaura nezvezvi zvinozotaurwa.

# Sezheni 2 - Nhoroino yeKudzima.

| Zvinoreva chikamu chemwimbi kana nhanho yekukura. | Fenesta yakajairwa. | Chii chakaitika? |
|---|---|---|
| Kukunda kwakanyanya. | Maawa mashoma apo patakanga pasina chikafu chakanyorwa. | Kurwadza kwakadaro, kunyanya kufara kushoma, uye kazhinji kune chido chikuru rekudzokera kuderedza dosage – iyi ndiyo nguva inenge ine ngozi huru yekuti kuenda kwekutadza kusimudze. |
| Kubva pakudzoka kwechipiri. | Mazuva 1-5 | Kusuruwa, kushungurudzika, kusagadzikana kwekunyara, shanduko muzvido; zviratidzo zvepakati pemuviri (kurova kwemwoyo, kuwanda kwekudonha kwemoyo) anogona kupfuura zuva rimwe kana mbiri mushure mekushandisa chinhu chakakura uye anofanira kutarisirwa nemukozi wevhidhiyo kana usina kukunda. |
| Kuisirwa. | Zvichevo 1-4. | Kururama uye zvido zvekudya zvakanga zviri kushanduka, zvava kudzoka kuwadzo. |
| PAWS | Mwedzi 1-6 | Kunzwa kunyanya kwekunetseka uye kuda |

| Zvinoreva chikamu chemwimbi kana nhanho yekukura. | Fenesta yakajairwa. | Chii chakaitika? |
|---|---|---|
| | | zvinogona kuve zvakakonzerwa nezvinhu zvinomiririra nguva yekudya kwakawanda kana vanhu / nzvimbo dzinobatanidzwa nazvo. |

# Itauri 3 - Zvinotora Nguva Dzese Kusvikira Zvazvinoita Sezvakaita Pakare?

Nenguva diki, zviratidzo zvakanyanya zvinogona kuzara mazuva mashoma. Nekuderedza kwekushandisa chinhu chinonyadzisa, iyo yepamwedzwa yekudzorerana inowanzotora mavhiki 2 kusvika 6 usati madenderera nemikwirano anenge akazara, asi zviratidzo zvine hutongi hunogona kuitawo mwedzi. Kana kushandiswa kwezvinhu zvinonakidza kana kushandiswa kwemamiroro akawanda (Section 6) kuri chikomba, nguva inotorawo inozvimiririra paanenge ari chinhu chinoderedzwa — kuitira 3-MMC pachake apo iri imwe chete yeiyi mirairo yakakura inogona kunyanya kuita kuti nguva yose yekudzorerana isati yabudirika ive chipfeko.

**KUZVINZWA**

Kana iwa zvakare uye mazuva mashanu ekutanga akaita kuti unzwe kunyanya kuipa kupfuura kwaungatarisira, izvo zvinobvumirana nezvakaitika mumuviri wako nekuda kwezvirongedzero zvekunyengera dzinogadzirisa zvakanyanya.  Haisi chiratidzo chekuti chii uchishandiswa ichi hachibude mwoyo. Izvo ndiyo "crash" iyo nzira inotsanangurwa muSection 1.

# Sezheni re4 - Zvaunenge Wakanga Watadza Kuona.

- Kukonzwa kurira kwakasimba uye kufamba nekukurumazana, panze pekushanduka zvishoma nezvishoma - izvo zvinobva pachena kuti 3-MMC pachayo inonaya nekukurumazana.
- Kufadza kusina nguva yekuda kushandisa chinhu zvakare maminiti mashoma apo uchiri kubvisa chinhu muchiropa, kufadza kunonyanya kuita kupfuura kufadza kwakadaro kwezvimwe zvinogona kukonzera kufadza asi zvinotora nguva ndezvekuti kufadza kudaro kungava pasi.
- Mishonga inogona kuita panguva yekudya kwezvinodhaka zvakawanda (kufamba kwemwoyo, kunyikadzika) anogona kupfuura nguva yacho zvinodhaka izvo uye anotanga mazuwa akawanda — ita kuti zvataurwe kuna chiremba panenge pasina kutenda kuti zvingava nechokwadi.
- Kana kuine kushandiswa kwezvidonge zvakawanda kana kuti "chemsex", kungave kwakaoma kusiyana pakati pekumanikidzwa kubva pa3-MMC uye kumanikidzwa kana kuti zvinogumburira zvinoitika nekushandiswa kwezvimwe zvidonge zvakashandiswa pamusoro pezvimwe.

# Section 5 — Kusiyana Kwezvimiro Zvemuviri.

| Jeni / Shanduko | Zvakakosha here nekubvisa zvinhu izvi? |
|---|---|
| DRD2 (Taq1A) | A1 allele carriers dzinogona kuita kuti kufambisa kwevhezheni idaro (redosing) zviite zvakanyanya, nekuda kwekushanda kwemhando dzepamwedzi dzinodarika, izvo zvinosanganiswa nehutungamiriro husingaderedzwe hwe receptor uye nehuremu hwepfungwa hwe 3-MMC. |
| COMT (Val158Met) | Inodzora maitiro ekubviswa kwezvinonyadzisa uye inoita kuti iyo yakaitwa yekugadzirira zvinhu zvinofadza pashure pekudzoka kunyanzvi dzepamwedzi ipe zvakakwana — ona bhuku rekufunda, chikamu 6. |
| MAOA (uVNTR) | Maitiro ayo inogona kusimbisa kuti zvinhu zvinenge zvakanyanya kushanduka nekufamba kwenguva apo munhu anowedzera kuita chinhu chakaita sekudya kana kushandisa chinhu. |

# Sezheni 6 - Kushandiswa Kwemishonga Inoverutswa uye Nhengo ye"Chemsex".

Kushandisa 3-MMC kazhinji haisi kushandisa yacho chete. Kuziva zvinogumbatswa zvimwe zvinoshandiswa pamwechete nemutsetse wemaitiro unochinja zvaanoda kuti kuregerera kushandiswa kwacho zvive njodzi-dzisina.

## 6.1 — Opioidhi ('Speedballing')

**KUKURUWA KWEMWEDZI.**

ZVINOKOSHA ZVAKADARO: MAKUVHURUDZO AKAZARA EKUFENYA AKATANGWA NEZVIMWE ZVINOITIKA KUNA AVANDU VAKAFA, UYE ZVINOFANIRA KUVE CHINJIRU CHECHIMWE CHIDZICHIRI. IZVO ZVINONYANYA KUITA: OPPIOIDS DZAKABATANWA NENHARAINE. KUBATANA NEZVIMWE ZVESE ZVIZIYI, ZVINOKWANISA KUDZIRA ZVIRATIDZO ZVEKUTYA ZVENHARAINI NEMUCHEKA WEOPPIOID, KUSANGANISIKA KUCHIZVO CHINJIRU CHECHIMWE. KANA URI MUCHIITO CHAKADZI, NYORERA NALOXONE, USAITISA CHERO NEVAMWE, UYE ITA IZVI SEZVAKANYANYA KUKOSHA MUNYAYA YESE YEBHUKU RINO.

## 6.2 — GHB uye Metamphetamine (Maitiro ekushandisa kemikari kune zvinofadza)

3-MMC kazhinji inoshandiswa pamwe chete neGHB uye/kana methamphetamine mune zviito zve"chemsex". Imwe imwe chinhu chinowedzerwa chinoseta mikana yayo yekubva muchimiro uye nekuchengetedzwa, izvo ichi isiri nyaya dzevhakadzikiswa. Kana iri iyo nzira yaunenge washandisa, verenga zvinyorwa zve"Recovery Kernel" zvekukomberedza methamphetamine neGHB muenzaniso iyi pamwe chete nezvayo — GHB pachazvo inonetsa mukubva (kunyange kusanganisika) uye inoda kurongedzwa kwakakosha kwehutano, iro riri mune iyo chikamu 0 yechinyorwo.

## 6.3 — Kushandiswa Kwechizvarwa ('Kushatisa').

Kana 3-MMC yasvikiswa nemudziwo, kuregeredza zvinofanira kusanganisira hurongwa hwekuyeredzwa kwevirasi dzemutsvuku dzinogadzirwa mumwedzo (HIV, hepatitis C) uye kuongorora nzvimbo dzepamweko. Zvitoro zvekurapa zvakakosha pakubvisa zvinodhaka uye matendere ezvidziro emadziro munharaunda huru dzinopa zvigadzirwa izvi zvine chokwadi, uye anogona kuva nhanho yekutanga inonzwisisika kunyange usati watanga kutarisa nyaya yacho.

## 6.4 — Zvirwere zvepedyo zvekumwoyo kana zviri zvepfungwa.

**⚠ YERAI.**

Nyaya dzekurwere kana nyaya dzemhuri dzekutambudzika kwebasa remwoyo, kumanikidzwa kwepungwe, psychosis, kana disorder ye bipolar inogadzirisa zvakanyanya mufananidzo werisiko we3-MMC, nekuda kwezvikanganiso zvaingova mumoyo uye mumamiriro ekupenya. Kana izvi zvinokubata iwe, zvitongei chiremba achiri kukubatsira — izvo zvinoita kuti zvive zvakakosha kupedza kushandisa chinhu ichocho nekukurumidza uye kuti zvimwe zvirongwa zvekurapa zvakanakisisa panguva iyoyo.

# Sezheni 7 - Shandisa Sarudzo yeMhando.

| Level | Mhando. | Chii chinoiswa nemubvunzo uyu. |
|---|---|---|
| 1 — Yekufunga. | Kushandiswa kamwe chete kana kaviri, dosage imwe chete, ushandise zvakanyanya. | Mubvunzo wekuvhara zvinhu zvehunyika mumiriro yekudzoka anowanikwa, asi bvunza chiremba kana kuine zviratidzo zvekurwara kwechipfuva. |
| 2 — Kushandiswa kwezvisikwa panguva dzekufambira nevanhu. | Kushandiswa panguva dzenguva, kazhinji kunonakidza kushandisa zvimwe. | Same as above, with attention to Section 6 if any co-used substances are part of the pattern |
| 3 — Chizvo chekurarama kwekusanzwa kazhinji. | Masangano anotevera ekudonha kwezvidhori zvakawanda panguva imwechete, kwemamaminiti akawanda. | Kuurudzwa kuti chiremba ave nechokwadi, kunyanya kuongorora mwoyo nekuda kwezvinangwa zvekubvisa zvinhu zvinodhaka mumuviri. |
| 4 — Kushandiswa kwezviduku zvakawanda/ kushandisa zviduku kazhinji/kusanganisira zviduku. | Kudya kwakawanda kazhinji, dzimwe nguva uchishandisa GHB, methamphetamine, opioids, kana kushandiswa kwezvidonge. | Kutarisirwa zvakadzika kuti uve nechinzvimbo chemuchikoro chemishonga; tarisa zvesarudzo yese yemishonga, usati tanga kushandiswa kwe3-MMC chete - ona chikamu cha6. |

# Section 8 - Dhizvo Zvekurapwa Kwemutsvakurudzi.

Hatina mushonga wakarurama neFDA wekuti ubatsire munhu ane zvineti zvekushandisa 3-MMC kana synthetic cathinone, uye hakuna maitiro akagadziridzwa ekubvisa zvinhu mumuviri anozivikanwa maererano nechinhu ichocho. Nekuda kwezvikonzerero zvemagetsi emwoyo zvinogona kukonzeredzwa nekushandisa kazhinji, kuongorora mwoyo kunenge kwakakosha sezvatanga, kunyange usati watanga kutarisa zvinhu zvekushandisa. Izvi zvikuru kana munhu akava nemoyo unoridza, kufa kwechipfuva, kana kuti mwoyo unoshanda nekukurumwa kukuru panguva yekushandisa kazhinji.

**⚠ YERAI**

Chidzidzo ichi haichavhare mune zvinongedzwa zvakajairika, midiro yekuderedza dosage, kana mirairo yekushandisa yemwedzi we3-MMC, kana yechimwe chiedi chinoshandiswa pakubvisa kushandiswa kwacho. Chiremba anoziva maitiro ako ekushandisa, huwandu hwekushandisa kwekamwe kamwe, uye zvekuti wakashandisa zvimwe zvinogona kukanganisa, ndiye ane ruzivo rwakanaka nezveizvozvo.

### Chii chaunoda kutora kumusangano iyu:

- Chirevo chechokwadi nezvekureba kwevanhu vakaenzwa, kuwedzera kwemano, uye nzira yekubvisa chinhu mumuviri.
- Zvimwe zvinogona kushandiswa pamwe chete, kunyanya opioids, zvimwe zvinonyadza, GHB, kana doro.
- Kune zviratidzo zvemagadzha akanyangarara panguva kana mushure kwekushandisa zvakawanda zvezvinhu, kunyange dzavaipera pachake.
- Kana zvakanga zviripo, kuti zvaitwe bvunzo dzekukuvadza kwehutano uye zveHIV.

# Sezheni 9 - Mutemo Wekudzoka (Mushure memakakufirana).

Iri basa rinotanga kana zvinhu zvekutarisira kwekurapa zvepakarepo (Sezvikamu 0) dzava pachena.

## Tier 1 — Biological Foundation

- 5-MTHF (folate inonyanya) - inobatsira mukugadzirwa kwezvinonyadzisa zvakabatana nekugadzirwa kwezvimwe zvinogona kushandiswa mumuviri.
- Magnesium glycinate - inobatsira kufara uye kunyoresa zvakare kwechipfuva mushure memakemikero ekudya akawanda.
- Omega-3 (EPA/DHA) - inokumbira kushandiswa pakurapa kupenya kwemishonga mumuviri uye kuchengetedza mwoyo, uye yakaratidzirwa kuti iri zvakachena.
- Kunyatswa zvakasununguka uye kuva nechokwadi chekuti muviri unogara uchigeza, kunyanya mazuva ekutanga - kazhinji nguva dzekudya zvikuru dzinosanganisira kushushikiswa kwehutsinye, izvo zvinowedzera kufa nekunetsa kwekugadzirisa ropa.

### Tier 2 — Mbudiro Wemitambo.

Kutevedza kwehutano hwechipfuuro kana zvidikanzo zvikaitika panguva yekurara. Sarudzo dzekushandisa mishonga pakurapa chirwere chekurema (bupropion, NAC, kana mamwe masevhisi anowanikwa asi ashandiswa zvakajairika) ndezvekukurukura nechinjaicho muSection 8, uye zvinofanirwa kuzvikanira kune yako nyaya yechirwere uye chero chinhu chamunenge muchishandisa pamwechete.

### Tier 3 — Kudzorora Mivairo Nemamiriro Ekushanduka uye Kugadzirisa Nharaunda.

- Kudzinganisa kana kudzika sarudzo yekubhadha kunobatsira zvikuru pano, nekuti kuwanikwa kwezvidhori kunogona zvakananga kusimudzira kurongeka kwekuwedzera dozi rakataurwa mune Inongano 1.
- Kufema zvakasununguka zuva nezuva uye kuita kurovedza muviri kazhinji - inobatsira pakudzorerwa kwezvinonzi "dopaminergic" uye mukugadzirisa hutano hwechipfuva.
- Kumisikiridza zvakanyanya nezvemaererano akaita se:
  * Appures dzekushandisa zvekuita zvekufamba (chemsex apps)
  * Mazvenge akajairwa kuenda kwawo
  * Vanhu vakanga vachibata naye

  Nezvakakosha kuti uchange zvinhu chaizvo, usati waita matanho.

## Sezheni 10 - Kuziva Nyaya Dzekutapwa, Kuchenesa.

**KUKURUWA KWEMWEDZI.**

Tsvaga rubatsiro rwemhando yekutambudzika munguva yakadzika kana: kurwadza mumuviri, kufamba kwechipfuva kusina kunyatsozorora, temberatura yakaderera inenge yapfuura zvakajairwa, kushanduka, kuvhunduka kwakasimba uye kusagona kuzorora, kana kuti kutadza kuzorora. Kana opioid dzanga danyorwa: kufema pasi kana kuti kusaita kupfira, ruvara rwemvura pamubvi kana kuti mumakumbo, kusagona kuzorora — isa Naloxone kana uchina, uye fona 994. Nekuremara, kushanda kwemwoyo, uye kusagona kurara pasina zvimwe zvepakutanga, izvi zvinenge zvakajairwa sezvakanyorwa mune Inongano yechipiri, uye kunge nechiremba pazuva rimwechete kunogona kubatsira asi hazvifanire kuita kuti uende kuchipatara.

## Sezheni 11 - Mufananidzo Wemitambo Yese.

| Kana izvi zvaunofanira. | Ona. |
|---|---|
| Bhioniro zvekubudirira kwevabhadheni ve3-MMC, uye zvakabatwa nemaginetiki. | Recovery Kernel — Maitiro ekudzoka kubva ku3-MMC (bhuku rekubatsira). |
| Kushandiswa kwemari ine imwechete nemaradhi. | Recovery Kernel – Mutero wekugumisa: Metamphetamine. |
| Kushandiswa kwemhando dzakasiyana dzechinhu zvine hutachiona pamwechete. | Recovery Kernel – Mutero wekudzima: GHB. |

| Kana izvi zvaunofanira. | Ona. |
|---|---|
| Kushandiswa kwemishonga inokonzera kurova pamwe chete. | Recovery Kernel – Mutero wekuzvimirira: Zvinodhaka. |
| Kana uchida kuti ubatsirwe, shanyira findahelpline.com.<br><br>Recovery Kernel. Naloxone. COMT. DRD2. MTHFR. Blueprint. | Recovery Kernel — Bhuku rekuongorora zvinonzi "Novel Psychoactive Substances". |
| Kugadzirisa kufa. | Main Compendium — Protocol 09, Maitiro Ekushanduko. |
| Kugadzirisa nharauwa yemamiriro ekudziro / kudzikisira kuwana. | Main Compendium - Protocol 05 |

# Section 12 — Kupedza.

**DZAKABVUMO**

Chinhu chinogona kuita kuti zvive zvakaoma kusiya kushandisa 3-MMC hazvisi zviratidzo zvekurwara zvinoreva kusavapo kwezvimiro, asi chinhu chakakosha ndechekuti chiedzero chete chinoitwa kuti "imwechetezvo" ive sarudzo nyoro zvakanyanya, nguva dzese, kwemaminitsi. Kuziva izvi sekubudirira, uye kwete semusimboti wemunhu, ndicho chinhu chinonyatsoita kuti urambe. Zvimwe zvesarudzo ndeizvo zvinotsanangurwa muSection 6 neSection 9: kuona zvinhu zvakajeka nemuroori, kushandura zvaunogona kushandisa, uye kuvaka upenyu hwemabhenefiti ayo anogara achiitika - chinhu chaive chiri kungoratidzwa chete na3-MMC.

KUGUMA KWENHARA PAMUSORO - MHANYISISIYO YEKUDZIMA: 3-MMC

Chigadziko chekudzivisa ngozi - Haisi mashoko ekurapa - Haisi chinhu chinosimbisa hutano hwekurapwa.

Crisis Resources: 988 (Suicide & Crisis Lifeline, call or text) | Crisis Text: HOME to 741741 | SAMHSA: 1-800-662-4357